



**August  
2019**

**Lynn Council on  
Aging**

**8 Silsbee Street  
Lynn, MA 01901**

**781-599-0110**

## **LYNN COUNCIL ON AGING SENIOR CENTER**

### **From the Director's Desk**

July is such a wonderful month to celebrate our country, but did you know that many of the United States' greatest moments in history happened in August? In August of 1779, the Declaration of Independence was signed. In 1920, the 19th Amendment was added to The Constitution, giving women the right to vote in America. President Roosevelt signed the Social Security Act into effect in August of 1935. Imagine where we would all be if he hadn't! Many of us would not have been able to retire and join Senior Centers across the country! In August of 1963, 250,000 people marched on Washington D.C. and Martin Luther King Jr. gave his "I Have A Dream" speech.

August was also a historic month of birthdays! Presidents Benjamin Harrison, Herbert Hoover, Lyndon Johnson, Bill Clinton, and Barack Obama were all born in August, along with Louis Armstrong, Davy Crockett, Annie Oakley, women's rights pioneer Lucy Stone, Herman Melville, Orville Wright of the Wright Brothers, and Meriwether Lewis of Lewis and Clark.

Let's celebrate our great country not just in July, but all year round. August will bring us all kinds of wonderful trips and activities including a trip to the JFK Presidential Library and Museum, and a trip to Castle Island and Fort Independence. Get out to your local Senior Center as we finish the last month of summer in style!

### **From Your Mayor**

We have enjoyed some beautiful warm weather this summer. I hope everyone stays cool and hydrated as we head into the final weeks of summer.

Last month we celebrated the 4<sup>th</sup> of July with a number of events throughout the city. I hope you were able to enjoy the fireworks celebration at Red Rock Park and the 9<sup>th</sup> annual reading of Frederick Douglas Independence Day speech on July 3<sup>rd</sup>. I would like to thank all the individuals who volunteer their time to make these events a success year after year.

The mayor's office has begun to display various works of art outside the office and inside City Hall. We have beautiful work from the 5<sup>th</sup> Annual Fire Prevention Awareness Poster to Billboard Contest sponsored the Lynn Fire Department and School department. In addition, City Hall has started to showcase art, education, and history on all four floors to celebrate the building's 70<sup>th</sup> anniversary. We encourage you and hope that you'll take a minute to enjoy them the next time you visit City Hall!

I invite you to attend the remaining performances of the summer concert series at Red Rock Park. The following bands: All the 90's will kick off on August 1st, followed by White Lightnin' on August 8<sup>th</sup>. 12:01 Blues Band on August 15<sup>th</sup> and Night Flight Band on 22<sup>nd</sup>. On August 23<sup>rd</sup>, the movie "Spider-Man: Into the Spider-Verse" will be shown. To view the concert schedule for the remainder of the summer, please visit <http://news.lynnchurch.com/2019/06/20/2019-red-rock-park-summer-entertainment-schedule/>. Shows coming to the auditorium in August include: Gladys Knight, Lost 80's Live, Ted Nugent, ChocQuib Town, Bad Company, and Leo Dan. For more information and tickets call 781-599-SHOW or visit <http://www.lynnauditorium.com>.

The City continues to buzz with activities and I continue to work hard to ensure that Lynn is a place where we can all live, work and play.

Yours truly,  
Mayor Thomas M. McGee

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## Lynn Council on Aging Senior Center

Publication  
funded by:

Executive Office of  
Elder Affairs &  
City of Lynn

Meet the Staff:

**Stacey Minchello**

Director 781-599-0110 ext. 503

sminchello@glss.net

**Erica Brown**

Program Coordinator ext. 618

ebrown@glss.net

**Rosa Paulino-Diaz**

Activities Assistant ext. 625

rpaulinodiaz@glss.net

Hours of  
Operation:

Monday thru Friday

8 a.m. to 4 p.m.

## LCOA Board of Directors

**Diana Chakoutis**

*Chairperson*

**Minette Lall**

*Vice Chairperson*

**Pam Edwards**

*Clerk*

**Joan Noble**

*FRIENDS Liaison*

**Arthur Akers**

**Charles Mitchell**

**Betty Gonzalez Munos**

**Marlene Vasi Eddy**

**Carly McClain**

**Robert Mazzone**

Meets 4th

Wednesday

monthly at

11:30 a.m.

## FRIENDS of LCOA Executive Board

**Joan B. Noble**

President

**Ann Breen**

Vice President

**Katherine Brown**

Treasurer

**Ellen Cash**

Recording Secretary

**George Harvey**

Membership Secretary

Meets last  
Thursday of the  
month @ 9:45

**Meeting Dates:**

Sep 26

Oct 31

Nov 28

**Considering joining the FRIENDS?** Come visit us and see what we're all about  
Friendship first, friendly smiles making and raising funds for our senior center.

## Tired of waiting for the mail?

Monthly newsletters are posted online:  
[www.ci.lynn.ma.us](http://www.ci.lynn.ma.us)

Click City Hall

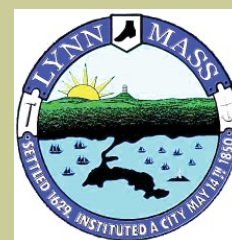
Click City Departments

Click Council on Aging

Click Our Newsletters

Click month you want to view

## Like us on Facebook!



[WWW.FACEBOOK.Com/LYNNSENIORCENTER](https://www.facebook.com/LYNNSENIORCENTER)

## IN LOVING MEMORY

In loving memory of my wife, Dr. Thelma Berger  
~Dr. Harvey Berger

Thank you for your donation!  
~ Sophie Karoumpalis

In loving memory of Rita Marturano  
~Carmy Marturano

Thank you for your anonymous donation!



## DEDUCTIBLE DONATION

GE matches all donations made  
from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

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Person's Name: \_\_\_\_\_

Send card to: \_\_\_\_\_

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**HARBOR 90FT**  
ADAPTIVANTS

## CASINO TRIPS

### Foxwoods Casino

**Tuesday August 20th \$34**



Coach bus departs from senior center at 6:30am and returns at 6:30pm. Please arrive no later than 6:00am. Book rides for 6:30pm Price includes \$10 meal voucher and free slot play. No refunds unless we are notified 24 hours in advance & we sell your seat.



## AMAZON SMILE

Do you or someone you know purchase items through Amazon.com? Did you know that if you use smile.amazon.com, Amazon will donate part of your purchase to the FRIENDS of the LCOA? It will not cost you anything! Just follow the link below:

<https://smile.amazon.com/ch/04-2900242>

Use smile.amazon.com for all of your purchases to support the Lynn Council on Aging.

## DANCE WITH JOY!



Love to dance? Need to reduce stress? Join us!

**FREE!**

Thursdays 9:00-9:45

Led by Nancy Deluth

A creative movement experience that combines dance, yoga, and meditation. Can be done seated or standing.

## UKULELE CLUB



**Every Tuesday 9:00am—10:00am**

Activities room **FREE!**

Beginners and experienced players welcome  
Instruments provided by Senior Center

## MBTA SENIOR CHARLIECARD EVENT

Tuesday October 22nd

9:00am-10:30am

8 Silsbee Street Lynn MA

Receive a reduced fare MBTA CharlieCard in the mail

To qualify, you must come in person that day, have a valid **Massachusetts ID**, you must be **65+** years old, fill out an application, and have your picture taken at the Senior Center.



## COUNCIL ON AGING DAY AT SEA

**Thurs, SEPTEMBER 5th \$79.00**

Gloucester Lobster Luncheon & Cruise with Entertainment  
New England clam chowder, steamed lobster, BBQ chicken, corn on the cob,  
potatoes, and dessert PLUS each guest would receive either one glass of wine, domestic beer or signature cocktail

### Trip info:

Bus leaves the Lynn Senior Center- 8 Silsbee Street, Lynn- 10 am prompt  
Board boat at 11:00am—sail until 2:00pm  
Return to Lynn approximately 3:30 pm  
Limited seating-RESERVE EARLY -SEATS SELL QUICKLY  
No refunds unless your seat is sold  
Reservations and payments  
Lynn Senior Center- 781-586-8503

Name \_\_\_\_\_ tele \_\_\_\_\_

Address \_\_\_\_\_

Emergency contact name \_\_\_\_\_

tele \_\_\_\_\_

Payment: Cash Check

Reservation # \_\_\_\_\_

## ZUMBA GOLD

Zumba will take a break starting June 6th. It will resume September 12th.

**MOVIES...every Wednesday @ 1:00 p.m.**

### Free Popcorn & Juice

### Wide Screen Plasma Home Theatre System

<b>Aug 7</b>	Antman and the Wasp	2018	PG13	1h 58m
<b>Aug 14</b>	The Old Man and the Gun	2018	PG13	1h 33m
<b>Aug 21</b>	On the Waterfront	1954	NR	1h 48m
<b>Aug 28</b>	Christopher Robin	2018	PG	1h 44m



Don't be shy! Let us know if there's a movie you would like to see!  
Even if it's in the theatre now, we can queue it for months later.



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**AUGUST HAPPENINGS**

<b>Mon Aug 5</b>	Legal Aid presentation for grandparents raising grandchildren FREE	9:30am
<b>Wed Aug 7</b>	<b>Field Trip:</b> JFK Library & Museum Lunch at Castle Island	\$3 10:00am—2:30pm
<b>Thu Aug 8</b>	<u>Ice Cream Social</u> Sponsored by: FRIENDS of the LCOA	\$0.50 1:00pm
<b>Mon Aug 12</b>	Bingo Bonanza! 9 cards-paper sheets only Card sales begin at 11:30am and close promptly at 1:15pm	\$11 games 1:00pm
<b>Tue Aug 13</b>	<b>Field Trip:</b> Cherry Hill Creamery	\$3 12:00pm—2:00pm
<b>Wed Aug 14</b>	<b>Farmer's Market Coupons</b> See pg. 7 for more info	9:00am—12:00pm
<b>Wed Aug 14</b>	Supper Club	\$2 4:00pm—5:00pm
<b>Thu Aug 15</b>	<b>Field Trip:</b> Seaport Grille	\$4 11:00am—2:30pm
<b>Fri Aug 16</b>	<b>Brown Bag</b> Sponsored by Greater Boston Food Bank	9:00am—12:00pm
<b>Tue Aug 20</b>	<b>Casino Trip:</b> Foxwoods Casino Reservation required: see page 4	\$34 6:30am—6:30pm
<b>Wed Aug 21</b>	<b>Field Trip:</b> Castle Island	\$3 9:30am—2:30pm
<b>Mon Aug 26</b>	Bingo Bonanza! 9 cards-paper sheets only Card sales begin at 11:30am and close promptly at 1:15pm	\$11 games 1:00pm
<b>Tue Aug 27</b>	<b>Field Trip:</b> Salem Willows	\$3 11:00am—1:30pm

Please note, all trips must be paid for and reserved in advance, and unless otherwise specified, lunch is paid for on your own. Payment covers transportation costs.

**Hatch Hearing Aid Center**

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What You're Missing"*

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ADAPTIVE UNITS

## FREE NUTRITION COUNSELING

Do you have type 2 diabetes or chronic kidney disease?

Do you have a red, white and blue Medicare card?

If so, you're eligible for FREE nutrition counseling! As part of this service, you'll meet with a GLSS Registered Dietitian, and learn more about how what you eat affects your health.

If you're interested, call Ben at 781-586-8687, Ellen at 781-586-8688

## CAPE COD MYSTERY TOUR

Tuesday, September 10th \$5 10:30AM—7:00PM

Enjoy a scenic bus tour of Cape Cod Massachusetts as we make our way to the Falmouth/Hyannis area. Lunch and ice cream should be purchased on your own.

Busses leave from the Lynn Senior Center (8 Silsbee Street)

Please sign up with Erica (781-586-8618) or Rosa (781-586-8625)

## FARMER'S MARKET COUPONS

Weds, Aug 14th

9 am – 12pm Lynn Senior Center

DOORS OPEN at 7:30 am

Be sure to get a call number upon arrival

MUST bring ID & proof in person:

Lynn, Lynnfield, Nahant, Saugus or Swampscott residents only

60 years of age or older

Benefit eligible only (MassHealth, Medicaid, food stamps, fuel or housing assistance)

## GRANDPARENTS RAISING GRANDCHILDREN

Monday, August 5th 9:30am Lynn Senior Center

Attorney Ellen Crowley represents grandparents and nonparent caregivers in legal issues. Free presentation on legal issues caregivers may face.

## TRAVEL FOR LESS

Have an appointment and no transportation to get there? Try learning the convenient and cost efficient ways of transportation with your Senior Charlie Card on the MBTA (bus or train). Personalized Travel Training available with Sylvia Colovois and Rose MacDonald. Please contact us at 781-586-8538 or 781-586-8523 for more information.

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AD  
HERE**

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TODAY**

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Visiting Angels

## Wellness Watch August 2019

Healthier, happier people tend to live longer. Living well helps an individual have higher energy levels. A sense of wellness helps improve mood and can improve depression and anxiety. Wellness can bring a sense of peace and acceptance over the many stressors that can rear up in life. Kids can learn healthy habits that lead to wellness, especially if adults role model these behaviors.

Life is short and should be lived with wellness in mind. Wellness matters because everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions. You'll want to feel your very best as you're working on creating the ultimate vacation for your clients.

Embarking on a wellness journey is a process of searching for the appropriate "tools" to make you a healthier and happier person. It's important to discover your own effective methods to use these "tools" for continued growth and development. Here is a list of wellness activities to inspire you to implement a healthy lifestyle that focuses on wellness:

- Connect with others. How much fun will it be to meet and connect with fellow who are wellness minded?
- Shop at local farmers' markets for healthy choices like-fresh produce, fruit and other new surprises
- Create a personalized workout plan at your local gym
- Yoga is an easy way to help reduce stress, align with spiritual wellness and maintain fitness
- Get a soothing massage, you deserve it
- Design a personalized hike with friends and family
- Ride a bike and reward yourself with a healthy smoothie
- Core values matter; why not develop your own?
- Find a way to meditate which works best for your schedule and lifestyle
- Alter your mind to a fresh perspective and focus with inspiration from a good book.
- Indulge in tasty (and healthy) treats, everything is fine in moderation, so enjoy your wellness journey

Reflect. Keep a journal on your daily and weekly goals to help you stay on track

Wellness is different for everybody. We embrace and support where your journey will start for you. I hope each and every one of you find something to be inspired by in this list.



## SENIOR CENTER ACTIVITIES • August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12:0 WII	9:00 -12:00 Wii	9:00 -12:00 Wii	9:00 -12:00 Wii	9:00 -12:00 Wii
9:30-11:00 KNITTING & CONVERSATION	9:00 - 10:00 UKULELE CLUB	9:00 - 1:00 HAIR SALON	9:00-9:40 DANCE WITH JOY	9:30-11:00 KNITTING & CONVERSATION
11:00-12:00 LUNCH	9:00-11:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	9:00-12:00 WATERCOLOR & ACRYLIC PAINTING	11:00-12:00 LUNCH
12:00-1:00 MOVE SAFE CLASS	9:15-10:45 POKENO	11:00-12:00 LUNCH	8:00-11:00 KIOSK (IN2L)	11:30-12:15 EXERCISE CLASS (\$5)
1:00-2:45 BINGO	11:00-12:00 LUNCH	1:00 - 3:00 MOVIE	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	1:00-2:45 BINGO
	12:00-2:45 POKENO	1:00-3:00 'PENNY ANTE' POKER	11:00-12:00 LUNCH	
	1:30 BILLIARDS CLUB		12:30-2:30 JAPANESE BUNKA EMBROIDERY	
			1:00-2:00 ZUMBA GOLD	
			2:00-3:00 HORSERACING	

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Please come by for a tour, or call Robin Simmons or Cathy Davis in admissions for more information.



111 Birch St., Lynn, MA 01902

781.592.9667

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N	K	C	R	E	W	C	U	T	S	P	Y	M	Z	L	Y	P	G	N	Q
P	C	X	Q	X	N	R	L	B	O	K	D	U	C	K	T	A	I	L	S
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Z	K	T	B	B	Y	T	Y	S	E	L	B	I	T	R	E	V	N	O	C
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 DUCK TAILS  
 JAMES DEAN  
 JUKEBOX  
 KNICKERS

MILKSHAKES  
 PENNY LOAFERS  
 PETTICOATS  
 PONYTAILS  
 POODLE SKIRT  
 ROCK N ROLL

ROLLERSKATES  
 SIDEBURNS  
 SOCK HOP

# August 2019 Lunch Menu

Greater Lynn Senior Services

COMMUNITY CAFÉ MENU – AUGUST 2019

GLSS NUTRITION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NUMBERS IN ( ) ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL, INCLUDING MILK, BREAD, AND DESSERT.	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(more than 500MG). MEALS MARKED WITH ** ARE HIGH SODIUM(more than 1200 mg PER MEAL.			
<b>5</b> Salmon / dill sauce(155) Mashed potatoes(109) Calories-726 Sodium-748 ALTERNATIVE Broccoli cheddar bake(436) Calories-713 Sodium-699	<b>6</b> Tarragon chicken salad(350) Tomato & cucumber salad(50) Calories-796 Sodium-890 ALTERNATIVE Beef picadillo(330) Calories-700 Sodium-838	<b>7</b> Veg. "pinwheel"(veg.pastry)-(470),Soup/crackers(70) Calories-738 Sodium-951 ALTERNATIVE Hoison chicken(533)* Calories-650 Sodium-864	<b>1</b> Egg salad sandwich(310) Soup/crackers(135) Calories- 635 Sodium-1087 ALTERNATIVE Oven fried chicken(440) Calories-800 Sodium-910	<b>2</b> Chicken fajita(275) Spanish rice/beans(83) Calories-786 Sodium-684 ALTERNATIVE Beef/onions(100) Calories-789 Sodium-670
<b>12</b> Chicken drumstick(450) Soup/crackers(164) Calories-630 Sodium-999 ALTERNATIVE Seasoned ground beef(150) Calories-600 Sodium-560	<b>13</b> American chop suey(316) Salad/dressing(60) Calories-900 Sodium-807 ALTERNATIVE Spinach/cheese enchilada(300) Calories-650 Sodium-700	<b>14</b> Seafood salad(417) Veggie pasta salad(24) Calories-766 Sodium-926 ALTERNATIVE Macaroni and cheese(520*) Calories-600 Sodium-829	<b>15</b> Beef stew(117) Cheddar mashed potato(136) Calories-904 Sodium-862 ALTERNATIVE Oven fried chicken(440) Calories-900 Sodium-1190	<b>16</b> Chicken/supreme Sauce(342),wild rice(148) Calories-600 Sodium-784 ALTERNATIVE Garlic fish(150) Calories-610 Sodium-600
<b>19</b> Pulled pork/mustard BBQ Sauce (396), potato(109) Calories-737 Sodium-1128 ALTERNATIVE Chicken/tomato sauce(436) Calories-700 Sodium-1089	<b>20</b> Chicken picatta/pasta(400) Salad/dressing(62) Calories-960 Sodium-840 ALTERNATIVE Eggplant parmesan/pasta(512)* Calories-770 Sodium-920	<b>21</b> Stuffed shells/sauce(505)* Soup/crackers(185) Calories-689 Sodium-1062 ALTERNATIVE Fried fish/tartar sauce(200) Calories-850 Sodium-690	<b>22</b> Turkey cran.apple salad(310) Potato salad(53) Calories-616 Sodium-785 ALTERNATIVE Stewed beef/rice(728) Calories-717 Sodium-728	<b>23</b> Beef broccoli(337) Fried rice(116) Calories-983 Sodium-785 ALTERNATIVE Cheese pizza(340) Calories-604 Sodium-685
<b>26</b> Honey balsamic chicken(349) Rice pilaf(93) Calories-676 Sodium-753 ALTERNATIVE Veggie chili(448) Rice pilaf(121) Calories-650 Sodium-839	<b>27</b> Salisbury steak/gravy(385) Sweet potato(304) Calories-817 Sodium-1138 ALTERNATIVE Cheese quesadilla(300) Broccoli(32) Calories-640 Sodium-1016	<b>28</b> Turkey pot pie(570)* Mashed potatoes(109) Calories-748 Sodium-1142 ALTERNATIVE Pasta primavera(200) Peas(68) Calories-670 Sodium-580	<b>29</b> Beef hot dog/roll(886)* Baked beans(140) Calories-773 Sodium-1328* ALTERNATIVE Egg/cheese croissant(410) Carrots(17) Calories-600 Sodium-750	<b>30</b> Turkey,egg,bacon salad-(423)Soup/crackers(272) Calories-865 Sodium-1047 ALTERNATIVE Chimichurri beef(140) Rice(5) Calories-807 Sodium-550

MENU SUBJECT TO CHANGE WITHOUT NOTICE

# Hair Salon

## **SOPHIE'S SALON**

**WED & FRI**

**9:00 AM—1:00 PM**

WASH & CUT	\$10
WASH & BLOWDRY	\$10
WASH, CUT & SET	\$20
COLOR	\$25
PERM	\$45
WAX	\$5

*WALK-IN OR APPOINTMENTS*

APPOINTMENTS PREFERRED

## **KIOSK FOR LIVING WELL**

THURSDAYS 8:00-11:00

Capture the Pride!



Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### PODIATRIST



**THU Aug 8th & TUE Aug 27**

**THU Sep 5**

10:00 am - 12:00 pm

Call for appointment. Bring Insurance Card

### BLOOD PRESSURE CHECKS

**1st & 3rd Thu 8:00am—9:00am**

**2nd Tue & 4th Thu 9:00am—11:00am**



### PHONE ASSISTANCE BY APPOINTMENT ONLY

**Tue & Wed**

2:00pm—3:00pm

### LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET  
LYNN, MASSACHUSETTS 01901  
(781) 599-0110

RETURN SERVICE REQUESTED

NON-PROFIT  
U.S. POSTAGE

**PAID**

LYNN, MA  
PERMIT NO. 56